



# Eagle View Adult Center

## March and April 2015



Class & Event Registration begins Fri. Feb 27  
Trip Registration begins Mon. Mar 2  
See pages 2 & 15 for details!

Spaghetti Luncheon  
Sat. Mar 7  
11 a.m. – 2 p.m.  
See page 4 for details!

1150 Prairie Center Parkway, Brighton, CO 80601  
303-655-2075  
[www.brightonco.gov](http://www.brightonco.gov)

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**Hours:** Monday - Friday 8:00 a.m. - 4:00 p.m.

**Phone:** 303-655-2075

**Location:** 1150 Prairie Center Parkway  
Brighton, CO 80601

### **Eagle View Center Staff**

Sue Corbett - Director

Donna Singer - Program Coordinator

Ermie Marquez - Information & Referral

Gayle Martinez - Administrative Assistant

Becky Eichem - Front Desk Receptionist

Christina Harris - Trip Coordinator

TBA - VOA Meal Site Coordinator

Lucy Castro - Custodial Staff

Debbie DenBleyker - VNA Nurse

### **On The Cover**

**Eleanor Maestas, Gayle Shibao and Frances Velasquez always have a warm smile for everyone they meet!**

### **VOA Lunch**

A hot, nutritious lunch is provided by Volunteers of America, **Monday - Thursday**. Lunch is served at 11:30 a.m. Reserve your meal **2 working days in advance** by calling 303-655-2271 (Mon - Thurs, 10 a.m. - 1 p.m.)

Daily meal donations are appreciated.

\$2.50 Donation per meal if age 60+

\$7.25 Mandatory charge if under 60

## **REGISTRATION PROCEDURE**

### **CLASSES & HAPPENINGS REGISTRATION begins on Fri. Feb 27 at 8:00 a.m.**

- Registration is on a first-come, first-serve basis. You can register for yourself and one other person. Cash or checks only, no credit cards accepted. No trip registration.

### **TRIP REGISTRATION starts Mon. Mar 2 and is held as a LOTTERY.**

- Come to the center as early as 8:00 to fill out your registration form. **Breakfast refreshments provided by Humana.**
- To be in the first round of trip registration, be in the dining room between **8:15 - 8:30 a.m.** to pick a number. Numbers are randomly drawn, so there is no advantage to drawing first.
- **Registration begins at 8:30 a.m.** for people with lottery numbers. During this time, you can **register for yourself and only one other person.** You may also register for classes and happenings at this time. No credit cards.
- When lottery registration is over (approximately 10:30 a.m.), we will re-open registration on a first-come, first-served basis.
- **After March 2**, register for all activities and trips at the front desk during business hours.
- Registration is taken until the deadline date listed for each activity OR until all spaces have been filled. Don't wait - activities fill fast!

### **Senior Wellness Clinic**

The Senior Wellness Clinic focuses on health promotion and disease prevention for adults 55+. Operated by Visiting Nurses Association (VNA), services include foot care, health screenings, and blood pressure checks. Appointments required - call 303-655-2075. Foot care fee is \$25, due at the time of service. Reduced fees available. Foot care is Kaiser covered with pre-approval.

**Clinic hours: 9:00 a.m. - 3:00 p.m.**

**Thursdays: Mar 5 - 26 Apr 2 - 23**

**Fridays: Mar 20, Apr 17**

# Continuous Drop-in Activities

3

## Cards, Cards, Cards!

Meet friends for an afternoon of fun. New players are welcome. Questions? Call the volunteer.

## Hand and Foot

1:15 - 3:30 p.m.  
Mondays  
Room: Hawk/Heron  
Linda 303-659-1888

## UNO

10:00 - 11:30 a.m.  
Tuesdays  
Room: Brown

## Pinochle Pals

12:30 - 3:30 p.m.  
Tuesdays  
Room: Hawk/Heron  
Sandy 303-288-1489  
Chama 720-244-6216

## Cribbage

12:30 - 3:30 p.m.  
Wednesdays  
Room: Falcon  
Chuck 720-685-3369

## Bridge

12:30 - 3:30 p.m.  
Fridays  
Room: Hawk/Heron  
Annette 303-659-9714

## Pitch

12:30 - 3:30 p.m.  
Fridays  
Room: Falcon  
Shirley 720-685-3369

Shari Coren teaches quilting and writing classes at Eagle View. We thank her for her positive energy and willingness to share.



## Bingo

No fee - just fun! Prizes vary from bakery goods to "white elephant" gifts. We play immediately following VOA lunch. Please drop off bingo donations at the front desk.  
12:00 - 12:45 p.m.  
Mondays & Thursdays

## Computers Available

Computers with free internet are available when the Falcon Room is not occupied. See front desk to use the free Wi-Fi.

## Knit & Crochet Drop-in

Drop-in to knit or crochet. No instructors, but friendly help available.  
9:00 - 10:30 a.m.  
Thursdays  
25¢ per week  
Copies cost 10¢ per page

## Police Time

Officer Sharon Wazny is here to answer questions about safety or police issues.  
11:30 a.m. - 12:30 p.m.  
Tuesdays

## Ladies Billiards

Ladies, drop-in for some "women only" billiards. No men please.  
1:00 - 4:00 p.m.  
Mondays  
25¢ per day

## Wii Bowling

With the TV and Wii, you can "bowl" from a chair or standing. If you can swing your arm, you can Wii bowl in our lobby.  
10:00 - 11:30 a.m.  
Wednesdays

## Mexican Train Dominos

This is an easy game to learn - it's regular dominos with a fun twist.  
12:30 - 3:30 p.m.  
Wednesdays

## Scrabble

Play Scrabble with others who love the game.  
1:00 - 3:30 p.m.  
Wednesdays

## Lending Library

Borrow books from the library for free. Do NOT re-shelve books: our great volunteer librarians do that for us.  
**MOST of our Large Print Books are MISSING. Please return large print books when done; these books are in big demand.**

## **Registration for Mar/Apr Happenings begins on Fri. Feb 27**

### **Massage**

Massage therapist, Bonita Rose, provides massage services. Call 303-655-2075 for appointment. Pay her at the time of service.

9:15 - 11:30 a.m.

Wednesdays

½ hour - \$26, 1 hour - \$41

### **Lunch Tues & Wed**

Thanks to the generosity of the Senior Advisory Board, you are eligible to win a \$10 gift card when you come to VOA lunch on Tuesdays or Wednesdays. Bring a friend and put your name in twice!



### **Trips, Trips, Trips!**

Have you ever wondered how we decide where to go on trips? What do we do with your trip requests? Why do we have certain rules? Why are deadlines so far in advance? It has been awhile since we had this informative PowerPoint presentation where Donna will answer these questions and more. This is a great time to meet our new trip coordinator, Christina Harris. Bring your questions and trip suggestions to this free drop-in meeting.

9:30 - 11:00 a.m.

Wed. Mar 4

Nyholt Room

### **Weight Loss Support Group**

Whether you are trying to lose weight or just keep it off, this support group is for you. Lisa Scharton will facilitate the group. You'll share recipes, learn techniques for weight loss, and explore ways to be successful in your journey. New and continuing participants are welcome.

8:45 – 10:00 a.m.

Wednesdays

Mar 4 – Apr 22

\$16 (8 wks)

Deadline: Tues. Mar 3

### **Blood Pressure Screening**

Firefighters from the Brighton Fire Department will be here to perform free blood pressure checks. Stop by!

10:30 – 11:30 a.m.

Thurs. Mar 5

Mon. Mar 16

### **Dementia Caregiver Support**

This group is for family or friends who are caring for someone with Alzheimer's disease or another form of dementia. Caregivers can share with each other their concerns, coping techniques, and tips when caring for a loved one. Group led by Sue Herzog with support from the Alzheimer's Association.

6:00 – 7:30 p.m.

Thurs. Mar 5

Free - Drop-in

### **Spaghetti Luncheon**

For the last 27 years, we have hosted this great community event. Bring your family and friends for spaghetti, salad, bread, and dessert. Advance ticket purchase encouraged, but tickets will be for sale at the door as well. All proceeds benefit our Brighton Senior Games athletes.



11:00 a.m. – 2:00 p.m.

Sat. Mar 7

\$7 adults

\$4 children 12 and under

### **Medicare Counseling**

If you need help with Medicare issues, you can receive one-on-one assistance with our SHIP counselor who is specially trained on Medicare insurance programs. Call Ernie at 303-655-2079 to make an appointment. Adams County residents with general questions about Medicare can also call Centura Health Links at 720-321-8850.

12:00 – 3:30 p.m.

Tuesdays

Mar 10 & 24

### **Caregiver Support Group**

Are you taking care of a loved one? Learn helpful caregiving tips, gain valuable insight from other caregivers and more. Find out about free or low-cost resources to help you. Mary Thatcher from the Senior Hub (303-426-4408) facilitates the group.

10:00 - 11:30 a.m.

Thurs. Mar 12

## Bunco

Bunco is an easy and fun game of dice. Enjoy an afternoon of laughter, dessert, and prizes.

1:15 – 3:45 p.m.

Thursdays

Mar 12 & 26

\$4

Deadline: Tuesday before

## Friday Feast

It's a Celtic celebration featuring the best of Irish, Scottish, and American tunes from the Celtic world. Marta Burton and Michael Delalla will be here to perform. We'll serve tomato soup, sandwich, and dessert provided by Inglenook.

12:00 noon

Fri. Mar 13

\$4

Deadline: Wed. Mar 11



## Green Bingo

In honor of St. Patrick's day we will play GREEN Bingo where most of the prizes are green! Call 303-655-2271 by Mar 12 if you want VOA lunch before Bingo.

12:00 noon

Mon. Mar 16

## Healthy Tips

Betty Stephenson shares the most recent research about nutrition and healthy eating. It's always great information. You are sure to learn something new! Stay for lunch afterwards.

11:00 a.m.

Thurs. Mar 19

## Tummy Troubles?

Have you ever wondered why your digestive system gives you fits? Join us for a seminar with Gastroenterologist Jennifer Moss, M.D. The program includes information and a Q & A session about taking care of your digestive health. Dr. Moss is board certified in Internal Medicine and Gastroenterology.

12:00 – 1:00 p.m.

Fri. Mar 20

Deadline: Wed. Mar 18

## Low Vision Group

The Low Vision Group is a free drop-in program for seniors 55 + with visual impairments. Receive educational information and emotional support while meeting others who also cope with vision issues. Questions call Melanie at 720-308-7705.

1:00 – 2:00 p.m.

Mon. Mar 23

## Memory Loss, Dementia and Alzheimer's

Alzheimer's disease is not a normal part of aging. If you know someone affected by Alzheimer's or dementia, it's time to learn the facts. This program provides information on detection, possible causes and risk factors, stages of the disease, treatment, and more.

1:00 – 3:00 p.m.

Mon. Mar 23

\$2

Deadline: Thurs. Mar 19

## Cribbage Tournament

Our monthly cribbage tournament includes prize winnings, refreshments, and lots of laughs. No registration, just drop-in and pay fee to the tournament volunteer.

12:30 p.m.

Wed. Mar 25

\$4

## Readers Theatre Performance

Want to have some fun? Join us as we watch the monthly skit presented by Eagle View's performing group.

11:00 a.m.

Thurs. Mar 26

## Friday Potluck

Brighton has some great cooks. Are you one of them? Bring your favorite dish to share (prepare enough for 10) and your table setting. If you don't cook, feel free to bring store-bought food.

11:30 a.m.

Fri. Mar 27

## Successful Gardening

You will learn the top five things you can do for a successful garden. Join Eric Hammond, CSU Extension Master Gardener Coordinator, as he shares these tips with you. You will also hear about all the other resources that are available through CSU Extension Services.

1:00 – 2:00 p.m.

Mon. Mar 30

\$2

Deadline: Thurs. Mar 26



**Registration for  
Mar & Apr Happenings  
begins on Fri. Feb 27**

**Walk On!**

Everyone knows that walking is good for you, but it is so much more fun to walk with others. Wear good walking shoes and dress for the weather. Olly Rameriz will be our leader.

8:30 – 9:30 a.m.

Wednesdays

Apr 8 – 29

\$4 (4 wks)

Deadline: Mon. Apr 6

**Five Reasons NOT to  
Give Assets to Your  
Children**

An experienced estate planning attorney will discuss the potential consequences of giving your assets to your children during your lifetime, as well as alternatives that may help avoid tax consequences and family disputes. Free!

1:30 p.m.

Wed. Apr 8

Deadline: Mon. Apr 6

**Caregiver Toolkit**

Taking care of the caregiver is one of the most important things you can do for yourself. Today's program will give you a toolkit. Please sign up in advance so we will have adequate handouts. Led by Mary Thatcher.

10:00 – 11:30 a.m.

Thurs. Apr 9

Deadline: Wed. Apr 8

**Friday Feast**

We'll be serving cheesy ham 'n' rice soup, sandwich, and cookies from Brookdale. Afterwards, Rocky Hernandez will sing a variety of songs – old and new. He has a smooth voice that you'll enjoy.

12:00 noon

Fri. Apr 10

\$4

Deadline: Wed. Apr 8

**Identity Theft - It Could  
Happen to You**

You would be surprised how easy it is for someone to take advantage of you. Sgt. Matt Domenico will share the common ways in which your information can be compromised. Find ways to protect yourself from being a victim and what to do if it happens to you. Free!

1:00 – 2:30 p.m.

Mon. Apr 13

Deadline: Thurs. Apr 9

**Movie: The Hundred -  
Foot Journey**

Helen Mirren stars in this film about love, food, loss, and second chances. A large Indian family opens a restaurant in France across the street from a classical French restaurant. You'll laugh and cry! Sign up so we know how many chairs to set up and popcorn to pop!!

12:30 p.m.

Wed. Apr 22

Deadline: Tues. Apr 21

**Allergies and Asthma**

Spring is here and so are allergies! Dr. Laszlo is our speaker on acute and chronic asthma and allergic diseases. He is a specialist with the Colorado Allergy and Asthma Centers. Come to the potluck and then attend this free talk!

12:00 noon

Fri. Apr 24

Deadline: Wed. Apr 22

**Descriptions for these  
are found on Pages 4 & 5**

**Dementia Caregiver  
Support Group**

Thurs. Apr 2 6:00 - 7:30 p.m.

**Blood Pressure Screening**

Thurs. Apr 9 & Mon. Apr 20  
10:30 - 11:30 a.m.

**Bunco**

Thurs. Apr 9 & 30 1:15 p.m.

**Medicare Counseling**

Tues. Apr 14 & 28  
12:00 – 3:30 p.m.

**Healthy Tips**

Thurs. Apr 16 11:00 a.m.

**Friday Potluck**

Fri. Apr 24 11:30 a.m.

**Low Vision Group**

Mon. Apr 27 1:00 p.m.

**Cribbage Tournament**

Wed. Apr 29 12:30 p.m.

**Readers Theatre Play**

Thurs. Apr 30 11:00 a.m.

**Registration for Trips  
begins on Mon. Mar 2  
See Page 2 for details.**

## **The Glenn Miller Orchestra**

Wait List Only  
12:30 p.m.  
Sun. Mar 1

## **Bowling for Fun – Centennial Lanes**

We are traveling to Longmont for a change of venue. Centennial Lanes is eager to welcome our fun-loving bowlers. If you like to bowl but have no time for a league, then this trip is for you! Two hours of “just for fun” bowling with the group. Shoe rental is included. After bowling we will eat at Firestone’s “The Smokehouse” for some scrumptious Georgia BBQ.

9:00 a.m.  
Thurs. Mar 5  
\$13 (plus meal \$15+)  
Deadline: Tues. Mar 3

## **Snowshoe to Dream Lake**



### ***By Request***

Join us on a snowshoeing ecology adventure to Dream Lake in Rocky Mountain National Park. A park ranger will lead this adventure that combines education and breathtaking beauty on the 2.6 roundtrip snowshoe hike. You will learn how the plant and animal life survive the winter and you will

be witness to the beauty of creation all around you! The elevation increase is gradual and only 800 feet, with plenty of opportunity to enjoy the sights. Pack your lunch for a meal in the midst of a natural wonderland. Snowshoe and pole rental included.

7:30 a.m.  
Mon. Mar 9  
\$13 (pack your own lunch)  
Deadline: Wed. Mar 4

## **Mardi Gras Gambling**

Let us do the driving and try your luck at the Mardi Gras Casino in Black Hawk. Bring your players card for a \$10 food credit, \$5 free play, and a candy bar upon your departure. Gambling trips are filling fast - you may not get a seat on the bus if you do not register early. Winter hours: Departure time from Black Hawk is 3:00 p.m.

8:45 a.m.  
Tues. Mar 10  
\$15  
Deadline: Thurs. Mar 5  
by noon

## **Colcannon (Irish Band)**

Wait List Only  
10:15 a.m.  
Wed. Mar 11

## **China Rising**

China is a country steeped in history and tradition. Take a Northglenn Travel Film Series armchair tour of the region which includes Beijing, the Forbidden City, Tiananmen

Square, and the Great Wall. Take a ride on the High Speed Bullet train to Shanghai, tour Yarlung Tsangpo Canyon in western China, and visit the site of the Terra Cotta soldiers. In contrast to the antiquity of China, tour its modern burgeoning economic expansion, expansive shopping districts, and traffic congestion. Lunch after at Heaven Dragon Chinese restaurant.

9:30 a.m.  
Wed. Mar 18  
\$10 (plus meal \$15+)  
Deadline: Thurs. Mar 5

## **Dakaboom**

### ***By Request***

The DL Parsons Theatre in Northglenn presents a new a cappella series. This month hear Dakaboom, a music/comedy duo from New York and Los Angeles. Described only as postmodern vaudeville, their show must be experienced to be understood. Long time best friends Ben McLain and Paul Peglar utilize a cappella, loop stations, stand-up, sketch, crowd interaction and several musical genres to create a world all their own - and everyone’s invited. Impressive talent mixed with unique humor make the duo something brand new and yet altogether familiar to current audiences. No meal.

6:30 p.m.  
Fri. Mar 20  
\$12  
Deadline: Fri. Mar 6

**Disney on Ice**

The Budweiser Events Center in Loveland is proud to present Disney on Ice “*Worlds of Fantasy*.” You don’t have to be a kid to enjoy the dazzling ice skating, special effects, and beloved characters. Watch high speed stunts as the crew of “Cars” race across the ice. Dive into “The Little Mermaid’s” enchanting undersea kingdom and enter the mystical world of Tinkerbell. The costumes and ice skating are phenomenal. Concessions available.

1:30 p.m.

Sat. Mar 21

\$30 (concessions \$5+)

Deadline: Fri. Mar 6

**Art Castings of Colorado**

Art Castings of Colorado in Loveland uses the lost wax casting process to cast both bronze and stainless steel sculptures. The lost wax process was used in ancient times and produces exacting, finely-detailed reproductions of the original work. Take a one-hour tour of a working bronze foundry to see this process. Conditions may be hot and noisy. You must wear closed-toed shoes. Safety goggles will be provided. Meal after at the Egg & I. If the weather is nice, we will walk Loveland’s Benson Sculpture Garden to see 144 statues. If bad weather, we will stop at Leanin’ Tree instead.

8:15 a.m.

Tues. Mar 24

\$8 (plus meal \$8+)

Deadline: Mon. Mar 16

**Please arrive at EVAC  
AT LEAST 15 MINUTES  
before the trip’s listed leave  
time so we can leave early in  
the event of snowy roads.**

**Lifeboat**

*Lifeboat* is the extraordinary true story of Bess Walder and Beth Cummings. Set in World War II, it is a story of courage, survival, and enduring friendship. In 1940, a ship set sail from Liverpool for Canada. On board were 90 evacuees escaping the relentless bombing and dangers of war-torn Britain. On route, the ship was torpedoed and sunk. Only eleven of the evacuees survived. Two 15 year-old girls, Bess and Beth, spent 19 terrifying hours in the water on an upturned lifeboat, willing each other to survive. Show at Union Colony Civic Center in Greeley. Early dinner before at Moody American Grill.

3:15 p.m.

Thurs. Mar 26

\$8 (plus meal \$10+)

Deadline: Fri. Mar 6

**Always Patsy Cline****By Request**

Candlelight Dinner Playhouse in Johnstown presents *Always Patsy Cline*. Sing along with one of the lost legends of American popular music in the juke-box musical based on the true story of Patsy Cline’s friendship with Houston housewife Louise Seger. Hear songs like “Walkin’ after

Midnight,” “I Fall to Pieces,” “Sweet Dreams,” and “Crazy.” Price includes meal, non-alcoholic beverage, tip, tax, show and van ride. We must have 20 people to get the group rate.

11:00 a.m.

Sat. Mar 28

\$59

Deadline: Wed. Mar 11

**The Last Night of Ballyhoo**

*The Last Night of Ballyhoo* is the newest play from Alfred Uhry, the author of the Pulitzer Prize winning *Driving Miss Daisy*. The play is set in Atlanta in 1939, on the eve of World War II, and on the opening night of *Gone with the Wind*. It is a very personal and often hysterical look at being Jewish in the South. Snack stop on the way home.

12:45 p.m.

Sun. Mar 29

\$16 (plus snack \$3+)

Deadline: Fri. Mar 6

**Weather Cancellations**

During bad weather, the decision to cancel a trip will be made by the staff or van driver(s). Since Colorado weather changes rapidly, we will not usually make this decision until 1-3 hours before a trip. If EVAC cancels a trip you will be notified by phone and will receive a full refund. Trips will not be rescheduled. Please note: **If you decide to cancel before EVAC cancels**, cancellation policies on page 15 will apply.



**Registration for ALL Trips  
begins on Mon. Mar 2  
See Page 2 for details.**

## Nepalese Dining

Spice it up with a trip to this family-owned restaurant in Golden. The Sherpa House will provide you with authentic Himalayan cuisine. The decor is an authentic representation of a typical Sherpa house and the food is said to be delicious.

10:30 a.m.

Wed. Apr 1

\$4 (plus meal \$15+)

Deadline: Wed. Mar 25

## Quilts, Dolls & Toys

### By Request

Join us on this trip filled with quilts, good food, miniature dolls and unique toys. We will begin at the Rocky Mountain Quilt Museum in Golden. View the exhibits *Without a Net* and *Past Presence: Antique Quilts that Capture the Imagination*. Then we will venture to Dagotto's for a Panini lunch. Then on to the Denver Museum of Miniatures, Dolls & Toys.

9:00 a.m.

Wed. Apr 8

\$17 (plus meal \$11)

Deadline: Fri. Mar 27

## Northland Choral

The Northland Choral presents their spring show "Animation Celebration" at the Northglenn Theatre. Popular songs taken from Disney and other animated shows will provide a walk down

memory lane of songs - some new and others from years past, but not forgotten. Eat before at Golden Corral.

4:45 p.m.

Fri. Apr 10

\$15 (plus meal \$12+)

Deadline: Fri. April 3

## The Marvelous Wonderettes

This smash off-Broadway hit takes you to the 1958 Springfield High School prom where we meet the Wonderettes, four girls with hopes and dreams as big as their crinoline skirts! As we learn about their lives and loves, we are treated to the girls performing such classic '50s and '60s songs as "Lollipop," "Dream Lover," "Stupid Cupid," "Lipstick on Your Collar," "Hold Me," "It's My Party," and over 20 other classic hits! Show at the intimate Town Hall Arts Center in Littleton. Lunch before at Gunther Toody's - a 50s style diner.

10:45 a.m.

Sat. Apr 11

\$35 (plus meal \$10+)

Deadline: Wed. Mar 18

## Reserve Gambling

We are going to the Reserve in Blackhawk. Be sure to bring your players card, or get one when you arrive, to receive \$10 free play, \$10 match play at the tables, \$5 in food - and added bonus



NO points are required to get these benefits. Spring hours: We leave Blackhawk at 4 p.m.

8:45 a.m.

Tues. Apr 14

\$15

Deadline: Thurs. Apr 9  
by noon

## Bhutan Travel Film

We're off to Northglenn to explore Bhutan. High on the eastern shoulders of the Himalayas sits a tiny kingdom known as Bhutan. It's a landlocked nation bordering India on three sides and Tibet to its north. Today Bhutan is the last independent Himalayan Buddhist Kingdom. Lunch after at Cracker Barrel.

9:30 a.m.

Wed. Apr 15

\$10 (plus meal \$10+)

Deadline: Wed. Apr 1

## Motown The Musical

### By Request

This smash hit musical tells the true story of Motown founder Berry Gordy. His American dream launched the careers of Diana Ross, Michael Jackson, Smokey Robinson, and many others. It also shattered barriers, shaped our lives, and made us move to the same beat. Enjoy classic songs such as "My Girl" and "Ain't No Mountain High Enough." This is at the Denver Center for Performing Arts.

6:00 p.m.

Thurs. Apr 16

\$35 (no meal)

Deadline: Fri. Mar 6

**Salute to Seniors**

The 26th annual "Salute to Seniors" at the Convention Center in Denver features entertainment and 100 senior product & service exhibitors. While there enjoy a magic show, a contortionist show, bingo and door prizes, and headliner entertainment – an Elvis impersonator performing a live concert. Bring a snack; we are eating a late lunch after at Racine's.

8:45 a.m.

Sat. Apr 18

\$5 (plus meal \$8+)

Deadline: Tues. Apr 14

**The 1968 Exhibit****By Request**

"Be There or Be Square" is the 1968 Exhibit at History Colorado which brings to life this pivotal American year through photographs, artifacts, vintage pop culture items, and interactives. See vintage artifacts that are sure to make you flash back to the '60s. Listen to music by '60s rock icons and challenge friends to a 1960s trivia quiz about music and TV. Two and a half hours to tour the exhibit and the rest of the museum. By request, we'll stop before at Sassafras American Eatery for southern-style breakfast or lunch.

10:15 a.m.

Tues. Apr 21

\$14 (plus meal \$11+)

Deadline: Wed. Apr 15

**Rockies Baseball****By Request**

Watch Colorado Rockies play the San Diego Padres. We have main level seating on 3rd base side with easy access. We arrive early for close-in parking and to purchase food/souvenirs. Purchase food at the park or bring your own. We only have two handicapped seats. Spring weather can change quickly – so dress in layers!

10:30 a.m.

Thurs. Apr 23

\$16 (plus food \$6+)

Deadline: Wed. Apr 1

**Children's Chorale**

Celebrating its 25<sup>th</sup> anniversary, the Greeley Children's Chorale is a regional chorus consisting of singers from 3<sup>rd</sup> through 8th grade. You'll be impressed at what these kids can do. Lunch before at Fat Albert's

1:00 p.m.

Sun. Apr 26

\$15 (plus meal \$10+)

Deadline: Mon. Apr 6

**The Midtown Men**

They took Broadway by storm in one of the biggest hits of all time. Now *The Midtown Men* are bringing their magic to audiences everywhere singing their favorite sixties hits from the Beatles, the Rascals, Motown, the Four Seasons, and more. Show at the Union Colony in Greeley.

5:30 p.m.

Thurs. Apr 30

\$46 (no meal)

Deadline: Tues. Apr 7

**May and June Trips with April Deadlines**

\* \* \* \* \*

**Annie**

*Annie* returns to the Buell Theatre in Denver. During the Great Depression in New York City, a plucky red-head named Annie is the voice of hope for her fellow orphans who live under the supervision of drunken Miss Hannigan. Annie wins the hearts of servants and politicians alike with "Tomorrow," her song of hope. Great seats - orchestra side, 21-25 rows from stage. No meal.

6:00 p.m.

Tues. May 5

\$53 (no meal)

Deadline: Thurs. Apr 9

**Wicked**

*Wicked* at the Buell Theatre breaks box office records every time it comes to Denver. Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One – born with emerald green skin – is smart, fiery and misunderstood. The other is beautiful, ambitious, and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good makes for the most completely satisfying musical in a long time. This Broadway blockbuster is a winner of over 200 international awards, including a Grammy and three Tony Awards. No meal.

6:00 p.m.

Tues. June 30

\$69 (no meal)

Deadline: Thurs. Apr 16

**Registration for  
ALL CLASSES  
begins Fri. Feb 27.  
Sign up by the deadline  
or the class may be  
cancelled. Please don't  
wait until the first class -  
it may be too late!**

### AARP Smart Driver

This driving refresher course reviews safe driving practices and the rules of the road. Get a discount on auto insurance.

**Evening class to accommodate working seniors!**

5:30 – 10:00 p.m.

Thurs. Apr 2

\$15 AARP member

\$20 Non-member

Deadline: Tues. Mar 31

### Candy Making

Easter is the time for decorated chocolate candy! Jo Overall will teach you in one class how to make chocolate candy using every day ingredients. No cooking - just melt, assemble ingredients, dip or spoon, and decorate! Take home the candy that you make.

1:30 – 3:30 p.m.

Tues. Mar 31

\$15

Deadline: Fri. Mar 27

### Craft Time

We provide the time and space for participants who enjoy any dry craft hobby.

10:00 – 11:00 a.m.

Mondays

Mar 9 – Apr 27

\$4 (8 wks)

### Crochet Classes

Learn how to crochet three springtime flowers and a butterfly to use as great embellishments for any crochet project. These four two-hour crochet classes are independent of each other, so sign up for the ones you want. Each class ends with a finished project. Basic stitches are reviewed during class. Supply list available at registration. Instructor Naomi Morrow will have extra supplies on hand.

#### Crochet: Pansy Flower

This pansy is simple, colorful, and beginner-friendly. Stitches needed for this project will include: chain stitch, half double, and double crochet. **Project:** Granny square with pansy flower embellishment.

9:00 – 11:00 a.m.

Thurs. Mar 12

\$5

Deadline: Tues. Mar 10

#### Crochet: Spring Rose

Crochet this beautiful springtime rose – a beginner friendly flower to embellish your work. Crochet stitches used will include: chain stitch, single crochet, and double crochet. **Project:** Simple headband with rose embellishment.

9:00 – 11:00 a.m.

Thurs. Mar 19

\$5

Deadline: Tues. Mar 17

#### Crochet: Marigold Flower

Crochet and create this cheery marigold flower. Basic crochet stitches used include: chain stitch, single crochet, double crochet, and half double crochet. **Project:** Simple napkin holder with marigold flower embellishment.

9:00 – 11:00 a.m.

Thurs. Apr 9

\$5

Deadline: Tues. Apr 7

#### Crochet: Butterfly Appliqué

This cute, simple, and whimsical butterfly appliqué is a perfect springtime addition to your work. Basic crochet stitches will include: chain stitch, single crochet, double crochet, and triple crochet. **Project:** Granny Square with butterfly.

9:00 – 11:00 a.m.

Thurs. Apr 16

\$5

Deadline: Tues. Apr 14

### Exercise

Keep moving to keep warm – it's not spring yet! Lois Burrell leads this "stretch & get moving" exercise class for people of all fitness levels. Exercises are done standing or seated. Drop-in class. No class March 2 or April 17.

10:00 – 11:00 a.m.

Mon/Wed/Fri

March 4 - April 29

\$1 per class, pay instructor

**Fit Ball Class**

Fit Balls are a great, SAFE way for seniors to improve balance, flexibility, and core strength. Instructor Tanice Kitchener is a physical therapist from PVMC. All fitness levels welcome.

10:30 – 11:30 a.m.

Thursdays

Session I: Mar 5 – 26

\$20 (4 wks)

Session II: Apr 2 – 30

\$25 (5 wks)

Deadline: Mar 4 & Apr 1

**Genealogy – Discovering Your Roots**

This class will show you how to trace your family tree using the computer and other resources. Facilitator Sheryl Johnson will show you free and “for a fee” websites. Class is limited to three people unless you bring in a laptop. Computer ability required. No class April 17.

9:00 – 10:30 a.m.

Fridays

Mar 6 – Apr 24

\$8 (7 wks)

Deadline: Thurs. Mar 5

**Greeting Cards**

Ella Hastman will teach you how to make amazing greeting cards using a variety of materials - ink stamps, colored paper, old cards, and die cuts. At least two cards completed per class. Instructor furnishes all supplies.

9:30 – 11:30 a.m.

Fridays

Mar 13 & 27 Apr 10 & 24

\$5 per class

Deadline: Wed. before

**Healthier Living Colorado**

This class is designed to help with the self-management of chronic conditions such as heart disease, arthritis, diabetes, asthma, cancer, emphysema, and many others. Learn how to manage your condition(s) and enjoy life. You will learn techniques that will help you manage pain, have more energy, boost your mood, become stronger, sleep better, and much more. You will receive the *Living a Healthy Life with Chronic Conditions* workbook and a relaxation tape. Instructors Molly Wright and Liz Staver taught the *Matter of Balance* class. Attendance for all six classes is encouraged, however, please see Donna if you want to attend but must miss a class.

1:00 – 3:30 p.m.

Tuesdays

Mar 10 – Apr 14

Free (6 wks)

Deadline: Thurs. Mar 5

**Japanese Bunka Embroidery**

Bunka is the art of “punching” embroidery thread through stretched fabric with a special tool. Supplies and kits available for purchase from instructor, Donna Heneger. Kits are provided for beginners.

10:00 a.m. – 12:00 noon

Wednesdays

Mar 4 – Apr 29

\$45 (9 wks)

Deadline: Tues. Mar 3

**History: Economics of the South in 1750**

We will be discussing the economics of the South in the 1750s and how it drove the slave trade in America. Look briefly at the possible long-term effects of this era on urban life today. Bob Ellis will provide facts to stimulate learning. Participants are able to share pieces of their personal history through guided discussion.

Class I: 9:00 – 10:00 a.m.

Class II: 10:15 – 11:15 a.m.

Mondays

Mar 9 – Apr 27

\$3 (8 wks)

Deadline: Thurs. Mar 5

**Line Dance – Beginner**

This class is for those who are new to line dancing. Instructor Judy Yamakishi will teach you basic dance steps. You will then learn 1 to 2 dances per class.

8:30 – 9:25 a.m.

Fridays

\$20 (4 wks)

Session I: Mar 6 – 27

Session II: Apr 3 – 24

Deadline: Mar 5 & Apr 2

**Line Dance – Level 2**

This is great exercise and fun too! You will learn the newest line dance routines. Some experience in line dancing is necessary. If you have been in beginning class several times it's time to move up.

9:30 – 10:30 a.m.

Fridays

\$20 (4 wks)

Session I: Mar 6 – 27

Session II: Apr 3 – 24

Deadline: Mar 5 & Apr 2

### **Mindfulness and Meditation for Adults**

Learn to use and practice mindfulness techniques to improve your quality of living in all aspects of life. Using our minds meaningfully and creatively has been shown to help reverse cognitive and biological effects of aging. Come have fun and learn the power of living in the moment. Ron Liggett is the facilitator.

1:45 – 2:45 p.m.

Thursdays

\$8 (4 wks)

Session I: Mar 5 – 26

Session II: Apr 2 – 23

Deadline: Tue. Mar 3 & 31

### **Nordic Walking - Beginning**

Learn how to use Nordic Walking poles to improve your stride and endurance. The use of walking poles can increase cardio-respiratory endurance and muscular strength while increasing mobility in the upper and lower extremities. If you have some physical challenges with knees or hips, poles make a real difference. Instructor Sarah Hoskin-Clymer provides poles for you to use. Class is held outside weather permitting (inside if bad weather).

9:00 – 10:00 a.m.

Tues/Thurs

Apr 21, 23, 28

\$23

Deadline: Fri. Apr 17

### **Nordic Walking - Intermediate**

This class is for students who have taken Nordic Walking before and feel fairly at ease using the poles. Students will hone their skills by walking longer distances, learning to use poles on hills, and more. Class will meet at various locations in or near Brighton so we can walk longer distances. First class meets at EVAC.

10:15 – 11:30 a.m.

Tues/Thurs

Apr 21, 23, 28

\$23

Deadline: Fri. Apr 17

### **Nordic Walking “Meet & Greet” Gathering**

Want to learn about Nordic Walking? See back page!

### **Oil Painting**

Instructor Judy Schissler welcomes beginning and veteran artists to oil painting. Veteran painters work on their choice of paintings. Beginners will choose from an instructor selected choice of pictures to paint. Let us know at registration if you are a beginner (a new painter and/or need extensive instruction).

**New painters: Get a supplies handout at registration.**

9:30 – 11:30 a.m. class

1:00 – 3:00 p.m. class

Tuesdays

\$10 (per session/time slot)

Session I: March 10 – 31

Session II: Apr 7 – 28

Deadline: Mar 9 & Apr 6

### **Quilting - Beginning**

This session we will be making the quilt design “Half & Half Blocks” created by Pat Boyle. This pattern is set in 5 x 7 arrangements with a curved inner border and a straight outer border. Make a quilt or a table runner. Supply list and patterns will be available the first day of class. If you have never quilted before, please talk to instructor Teri Hendrickson, before purchasing any tools. Bring a sewing machine to class after the first day.

1:00 – 3:00 p.m.

Fridays

Mar 6 – Apr 24

\$15 (8 wks)

Deadline: Wed. Mar 4

### **Quilting - Intermediate**

“Carpenter’s Star” is the project. We will construct a traditional pattern with new instructions, making it a more efficient process. You may make this quilt in the size, colors, and fabrics of your choice. While it looks good in traditional fabrics, you can also give it a more modern look. You will receive fabric requirements for each possible size at sign-up. Shari Coren, Instructor.

1:00 – 3:00 p.m.

Thursday

Mar 5 – Apr 16

\$15

Deadline: Tues. Mar 3

### **Have you seen us??**

Most of our large print books are missing from our library.

Please return if you are finished reading them! Thanks!

### Readers Theatre

If you have always wanted to be a performer, Readers Theatre is for you! Memorization is not needed and being involved is great fun! Instructor is Dolly Garcia. Bring a highlighter, pencil, and a 12" x 10" black 1/4 - 1/2" 3-ring binder to class. Skit performances will be held Thurs. March 26 & April 30.

1:30 – 2:30 p.m.

Tuesdays

\$3

Session I: Mar 3 – 24

Session II: Apr 7 – 28

Deadline: Mar 3 & Apr 6

### Tatting

Tatting creates a durable lace by handcrafting a series of knots and loops. Use this lace to adorn clothing, hats and accessories. Instructor is Charlotte Jacobucci. Registration for tatting includes registration in "Craft Time" for no additional charge.

9:15 – 9:45 a.m.

Mondays

Mar 9 – Apr 27

\$4

Deadline: Mon. Mar 9

### Wood Carving

Learn to carve wood or work on an existing project with other carvers. Call Tony Dill 303-775-2256 to arrange free instruction.

8:00 – 10:00 a.m.

Tuesdays

Mar 3 – Apr 28

25¢ per week

### Write What You Know

Do you have stories that will be lost to your family if you don't write them down? We'll help you! Forms of writing we have learned and continue to practice will be introduced to new participants and reviewed with previous participants. These include narrative writing, essays, and poetry. When we have things written, we share them. Shari Coren, Instructor.

9:30 – 11:00 a.m.

Wednesdays

Mar 4 – Apr 22

\$12 (8 wks)

Deadline: Tues. Mar 3

### Yoga – Adaptive

Strengthen your mind-body connection through adaptive yoga. It is designed for people living with mobility impairments such as arthritis, balance difficulties, muscular dystrophy, or paralysis. Yoga postures are modified to accommodate your needs and help you discover your capabilities. Class size will be limited to five people to ensure individualized attention. Karen Vizyak is a physical therapist and certified yoga teacher. People in wheelchairs and walkers are encouraged to join.

9:00 – 10:00 a.m.

Tuesdays

\$32 (4 wks)

Session I: Mar 3 – 24

Session II: Apr 7 – 28

Deadline: Mar 2 & Apr 6

### Yoga – All Levels

This class is designed for beginning and continuing yoga students. Some yoga experience is necessary.

12:30 – 1:30 p.m.

Thursdays

\$20 (4 wks)

Session I: Mar 5 – 26

Session II: Apr 9 – 30

Deadline: Mar 4 & Apr 8

### Yoga - Beginning

Are you curious about yoga but worried about taking a class? This basic class will focus on relaxation and breathing, as well as increased range of motion and improved flexibility. If you have considerable physical limitations please enroll in Adaptive Yoga. No class March 31.

10:15 – 11:15 a.m.

Tuesdays

\$20 (4 wks)

Session I: Mar 3 – 24

Session II: Apr 7 – 28

Deadline: Mar 2 & Apr 6

### Yoga – Continuing

Improve your health and flexibility with this continuing yoga class for students who have been in yoga class before. Instructor Carolyn Priola will focus on gentle yoga. Participants should be comfortable getting onto the floor. No class Mar 31.

9:00 – 10:00 a.m.

Tuesdays

\$20 (4 wks)

Session I: Mar 3 – 24

Session II: Apr 7 – 28

Deadline: Mar 2 & Apr 6



## Senior Advisory Board

The purpose of the Advisory Board is to advise and assist in the needs and operations of Eagle View. The Board will meet Tues. March 17 & April 21 at 1:00 p.m. Members are: Chuck Phelps, Fran King, Dave Thomas, Peggy Jarrett, Dan Buckner, Lois Burrell, Jane Talbot, Bill Alsdorf, Dave Jacovetta, Heidi Storz, Judy Schissler, and Richard Villalva. JW Edwards is the City Council representative. Visitors are always welcome.

## Friends Program Fund

The Senior Advisory Board has established a scholarship fund. The Friends Program Fund provides financial assistance to older adults with limited financial resources to participate in programs sponsored by Eagle View Adult Center. The simple application form is available at the front desk. Application must be approved PRIOR to registering for the event. Donations to the fund are appreciated.

## Charitable Contributions

Together we can continue to enhance the great programs and services offered for seniors and active adults in the Brighton area. Your financial support will be recognized on the donor wall at Eagle View. All donations are tax deductible. Make donations payable to: Brighton United Senior Citizens, 1150 Prairie Center Parkway, Brighton, CO 80601.

Donor Opportunities for Wall Recognition:

Friend: \$100 - \$499

Memorial: \$100+

Sponsor: \$500 - \$999

Benefactor: \$1000+

## Cancellations Due to Weather

In the occurrence of bad weather, the decision to cancel a class, trip or event will be made by the staff upon the recommendation of the instructor or driver. Trip and class participants will be called if the decision is made to cancel. Watch TV news for VOA lunch cancellations. The decision to close the Center will be made by the City Manager.

## Trip and Activity Policies

- Anyone 55 years of age or older is welcome to participate in activities and programs.
- Programs are open to adults, age 40 and above, space permitting. Trips are on a wait-list basis.
- Payment is due at registration. Cash and checks only. Keep your receipt.
- The Center reserves the right to cancel any activity if minimum registration is not met.

### Refund Policy for Cancellations:

#### If the CENTER cancels the activity/trip:

Full refunds will be given.

#### If YOU cancel BEFORE the deadline date:

Refund of cost, minus a \$4 cancellation fee.

If activity charge is \$4 or less, NO refund is given.

**Allow one week to process refunds.**

#### If YOU cancel AFTER the deadline date:

NO REFUND IS GIVEN unless we can sell your spot. If you are unable to go on a ticketed trip, **DO NOT** sell or give your space to someone else before checking with Eagle View to see if there is a waiting list. If there is NO wait list, you may give away or sell your trip space after telling the Center **BEFORE** the trip - one day notice preferred.

## Outreach & Referral

Do you need help and don't know where to turn? Ernie Marquez will assist you with completing forms, help you find needed services, make home visits to assist homebound people, and more!

**Call 303-655-2079 for an appointment.**

**NO appointments after 3:00 p.m.**

## Transportation

**VIA** provides specialized transportation within the City of Brighton. Medical appointments, grocery shopping and to Eagle View are just a few of the places you can go. Call 303-447-2848 x1014 for more info; to schedule rides, call 303-447-9636.

**Call-n-Ride** - The green bus is an RTD service. Call 303-994-3549 to make a reservation. The driver will pick up and deliver you anywhere within Brighton, Mon - Fri, 6:00 a.m. - 7:00 p.m. Cost is the local RTD bus fare.

## Don't Miss This!

### Community Garden Registration

It's planting time again! Registration for the Eagle View Community Garden beds is on Wed. Apr 1 at 8:30 a.m. Registration is first-come, first-served. Cost is \$20. Only one bed per person.

### Rocky Mountain Senior Games

**June 10 -14, 2015 in Greeley**

If you swim, run, walk, bike, bowl, play tennis, golf, shoot skeet/trap, do archery, shoot hoops, or participate in other sports, join us at the Rocky Mountain Senior Games on June 10 - 14. The Games are fun competition in 25 sports for adults age 50 - 100, of all abilities. Compete in female and male divisions in 5-year age categories (55-59, 60-64 and so on).

If you are interested in joining the Brighton team – which entitles you to a team shirt and a registration discount - call Donna (303) 655-2077.

- Team information meeting on Wed. Apr 15 at 3:00 p.m.
- Registration forms due to Donna or Becky on Mon. May 4 by 4:00 p.m. (to receive early bird and EVAC discounts).

### Nordic Walking Meet and Greet

Ever thought about taking Nordic Walking class or you just want to know what it is? If so, you are invited to a FREE "Meet & Greet." We will have a great "snack lunch" and fun door prizes. Meet the instructor Sarah Hoskin-Clymer and some of our current walkers to hear how much they have benefited from Nordic Walking. Classes begin in May and June. All current and former Nordic walkers are invited as well!

11:45 a.m.      Tues. Apr 28      Deadline: Thurs. Apr 23

### Free Income Tax Preparation

Free income tax preparation and electronic filing for all Adams County taxpayers with an income of \$56,000 or less. Bring last year's (2013) completed tax return, photo ID, Social Security cards, W-2s, 1099 forms, proof of any other income, and deductible expenses. Drop-in only; there are no appointments.

Questions: Adams County Treasurer's Office:  
720-523-6163

#### Location:

**Adams County  
Government Center  
4430 S. Adams County  
Pkwy, Brighton**

9:00 a.m. - 1:00 p.m.

Mondays Only

Mar 2 - Apr 13

No appointments/Drop-in



1150 Prairie Center Parkway, Brighton, CO 80601

PRESORTED STANDARD  
US POSTAGE  
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BRIGHTON, CO  
PERMIT NO. 31

Return Service Requested

**Help for Homes  
Volunteers Needed  
Saturday, May 2  
Call Sue or Ernie  
303-655-2075**